

Carb Count for Summer Meals Menu Cycle - 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Patty Sandwich 40 grams	Cheeseburger 31 grams	Dominos Piza 35 grams	French Toast Minis 40 grams	Corn Dog 30 grams
Spicy Chicken Sandwich 47 grams	Chips 8 grams	Uncrustable PB&J 33 grams	Hash Brown Patty 15 grams	Corn Dog Minis 42 grams
Chips 8 grams	Uncrustable PB&J 33 grams	Cheese Stick 0 grams	Sausage Links 0 grams	Chips 8 grams
Uncrustable PB&J 33 grams	Cheese Stick 0 grams	Juice - 4 oz 16 grams	Uncrustable PB&J 33 grams	Uncrustable PB&J 33 grams
Cheese Stick 0 grams	Lil' Yami Yogurt 20 grams	1/2 cup fruit (avg) 14 grams	Cheese Stick 0 grams	Cheese Stick 0 grams
Juice - 4 oz 16 grams	Juice - 4 oz 16 grams	1/4 cup veggie (avg) 1 gram	Juice - 4 oz 16 grams	Juice - 4 oz 16 grams
1/2 cup fruit (avg) 14 grams	1/2 cup fruit (avg) 14 grams	Ice Cream Cup 26 gram	1/2 cup fruit (avg) 14 grams	1/2 cup fruit (avg) 14 grams
1/4 cup veggie (avg) 1 gram	1/4 cup veggie (avg) 1 gram	Condiments 1 gram	1/4 cup veggie (avg) 1 gram	1/4 cup veggie (avg) 1 gram
Condiments 1 gram	Condiments 1 gram	Ranch pkt 5 grams	Condiments 1 gram	Condiments 1 gram
BBQ sauce pkt 9 grams	Ranch pkt 5 grams	Milk, Chocolate 23 grams	Pancake Syrup 17 grams	Ranch pkt 5 grams
Ranch pkt 5 grams	Milk, Chocolate 23 grams	Milk, White 1% 12 grams	Ranch pkt 5 grams	Milk, Chocolate 23 grams
Milk, Chocolate 23 grams	Milk, White 1% 12 grams		Milk, Chocolate 23 grams	Milk, White 1% 12 grams
Milk, White 1% 12 grams			Milk, White 1% 12 grams	

Carb Count for Summer Meals Menu Cycle - 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Patty Sandwich 40 grams	Crispito 23 grams	Dominos Piza 35 grams	Chicken Nuggets (5 each) 17 grams	Hot Dog on Bun 24 grams
Spicy Chicken Sandwich 47 grams	Potato Choice 16 grams	Uncrustable PB&J 33 grams	Garlic Toast 12 grams	Uncrustable PB&J 33 grams
Chips 8 grams	Uncrustable PB&J 33 grams	Cheese Stick 0 grams	Sausage Links 0 grams	Cheese Stick 0 grams
Uncrustable PB&J 33 grams	Cheese Stick 0 grams	Juice - 4 oz 16 grams	Uncrustable PB&J 33 grams	Juice - 4 oz 16 grams
Cheese Stick 0 grams	Lil' Yami Yogurt 20 grams	1/2 cup fruit (avg) 14 grams	Cheese Stick 0 grams	1/2 cup fruit (avg) 14 grams
Juice - 4 oz 16 grams	Juice - 4 oz 16 grams	1/4 cup veggie (avg) 1 gram	Juice - 4 oz 16 grams	1/4 cup veggie (avg) 1 gram
1/2 cup fruit (avg) 14 grams	1/2 cup fruit (avg) 14 grams	Pudding Cup 20 gram	1/2 cup fruit (avg) 14 grams	Condiments 1 gram
1/4 cup veggie (avg) 1 gram	1/4 cup veggie (avg) 1 gram	or Rice Krispy Treat 27 gram	1/4 cup veggie (avg) 1 gram	Ranch pkt 5 grams
Condiments 1 gram	Salsa 2 gram	Condiments 1 gram	Condiments 1 gram	Milk, Chocolate 23 grams
BBQ sauce pkt 9 grams	Sour Cream 1 gram	Ranch pkt 5 grams	BBQ sauce pkt 9 grams	Milk, White 1% 12 grams
Ranch pkt 5 grams	Condiments 1 gram	Milk, Chocolate 23 grams	Ranch pkt 5 grams	
Milk, Chocolate 23 grams	Ranch pkt 5 grams	Milk, White 1% 12 grams	Milk, Chocolate 23 grams	
Milk, White 1% 12 grams	Milk, Chocolate 23 grams		Milk, White 1% 12 grams	
	Milk, White 1% 12 grams			